

Everyone is exposed to thousands of toxic chemicals on a daily basis. Some people appear to handle the exposures without demonstrating any negative health effects; and yet other people experience a lot of negative health effects upon exposure. Why is there a difference between the two groups of people being exposed to the same toxic chemicals? The basic, simple answer is that one group hasn't yet crossed their toxic threshold, and the other group has crossed their toxic threshold. It boils down to simply time and life experiences.

First, let's state the obvious fact that the word "toxic" means poison, and therefore toxic chemicals are chemicals that are poison to the human body. Consequently, stating that everyone has a "daily exposure to a wide variety of toxic chemicals" is equal to saying that everyone has a "daily exposure to a wide variety of poison mixtures".

Poison is poison to everyone. However, some people are more able than others to process and eliminate poisons from their body. A person's ability to process and eliminate poison from their body will depend on many factors, such as: the person's general health, energy level, stress level, age, as well as the degree of exposure to the poison mixtures, its potency, and so on.

If the person can successfully process and eliminate the poison mixture from their body, then there may have been no noticeable negative health effects. If negative health effects were noticed, it may have been only minimal effects such as a headache, while the body was trying to eliminate the poison. However, when the person is unable to process and eliminate the poison mixtures, they then become stored in the tissues and organs of the person's body. Since the vast majority of mankind are unable to process and eliminate all of the poisons all of the time, almost all humans have some degree of poisons stored in the tissues and organs of their bodies.

These stored toxic chemicals (poisons) are causing Chemical Injury in the person's body at the cellular level. Yet the vast majority of people won't initially demonstrate any negative health effects from the stored poisons. The reason is that people only experience the negative health effects of the stored toxic chemicals when the body hits and crosses its toxic threshold. The stored poisons will continue to accumulate in the body unnoticed, and will continue to cause Chemical Injury at the cellular level, until finally, the body hits and crosses its toxic threshold. Then, the poison begins to overpower the body's defense mechanisms and begins to change the functionality of the body's systems.

This is the stage at which people will start experiencing negative health effects when they are exposed to toxic chemicals that didn't used to be a problem for them. These negative health effects are called toxic reactions. Those who have toxic reactions upon exposure to toxic chemicals are called Chronic Chemically Injured or Chemically Intolerant.

Therefore, the only difference between someone who has Chronic Chemical Injury and someone who does not have Chronic Chemical Injury is that the chemically injured individuals have hit and crossed their toxic threshold and the others haven't hit their threshold yet.

At this point in time, there is no way of knowing how close a person is to their toxic threshold. Hitting and crossing the toxic threshold is almost always a shock and a surprise to the person. After crossing

the toxic threshold, a person's life is never the same. Toxic reactions begin happening upon exposures to things they had once considered as part of their normal life. Therefore, they must make a lot of difficult life style changes in order to prevent exposures and toxic reactions, or to at least try to minimize them. Recovery, full or partial, usually depends on the degree the person can live in a low-toxicity home environment and lead a low-toxicity life style.